

# FEBRUARY ACTIVITIES

*At the Lemon Grove Senior Center*

8235 Mt. Vernon St., Lemon Grove 91945 - Ph: 619-337-1425

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	<b>4</b>  8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch	<b>5</b>  8:30 Feeling Fit 9:45 Feeling Fit <b>10:00 Blood Pressure Screening</b> 11:30 Lunch	<b>6</b>  8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	<b>7</b>  11:30 Lunch 12:00 Bingo
<b>10</b>  8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	<b>11</b>  8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch 12:00 FREE MOVIE <b>MATINEE:</b> <b>"A Dog's Journey"</b>	<b>12</b>  8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	<b>13</b>  8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	<b>14</b>  11:45 Lunch 12:15 Bingo  <i>Valentine's Day</i>
<b>17</b> Presidents' Day  <b>HOLIDAY</b>  East County Sites CLOSED for the Holiday	<b>18</b>  8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	<b>19</b>  8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	<b>20</b>  8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	<b>21</b> 10:15 Celebrate February Birthdays w/ Music by <b>"Sophisticats"</b>  11:30 Lunch 12:00 Bingo
<b>24</b>  8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	<b>25</b>  8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	<b>26</b>  8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch  <i>Ash Wednesday</i>	<b>27</b>  8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	<b>28</b>  11:30 Lunch 12:00 Bingo
			<u>Feeling Fit Classes</u> Mon. & Wed. 8:30am – 9:45am 9:45am – 11:00am Classes are FREE for seniors <b>FOR EXERCISE CLASSES:</b> Sign up with the teacher for each class	<u>Hatha Yoga Classes</u> are all \$ 3.00 per class in 4-week sessions.  <u>Aerobic Fitness Class</u> \$ 40.00 Fee per Semester